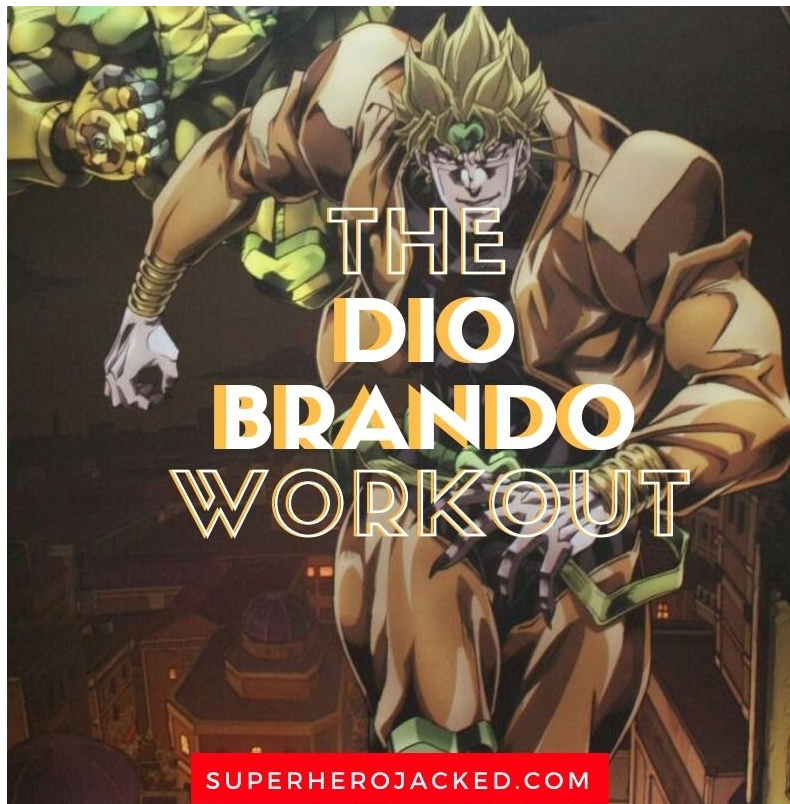


DIO BRANDO WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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DIO BRANDO WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We're going to be focusing in on strength and speed for this one, but I'll also give you some extra training for endurance and senses. These will come in after your initial 5 weight training days that are focused around building SuperHuman Strength!

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Dio Brando Workout: Sample Workout Schedule

Monday: Bench Press Focus

Tuesday: Squat Focus

Wednesday: Speed Training

Thursday: Overhead Press Focus

Friday: Deadlift Focus

Saturday: Extra Training Options or OFF Day

Sunday: Extra Training or OFF Day if none were taken

Dio Brando Workout: Bench Press Focus

Warm Up:

Incline Walk 5-10 Minutes

Compound:

Barbell Bench Press

5×12,10,8,5,3

Accessory Work:

Close Grip Bench

4×12,10,8,6

Incline Dumbbell Bench

4×12,10,8,6

Reverse Grip Tricep Cable Pushdown

3×10

Cable Chest Flyes

3×10

Weighted Dips

4×12

Blowout:

3 Rounds:

15 Close Push Ups

25 Standing Incline DB Chest Flyes

15 Overhead DB Extension

25 Push Ups

Dio Brando Workout: Squat Focus

Warm Up:

Incline Walk 5-10 Minutes

Compound:

Barbell Squats

5×12,10,8,5,3

Accessory Work:

Leg Press

4×12,10,8,6

Front Squats

4×12,10,8,6

Hamstring Curl Machine

3×10

Barbell Lunges

3×10

Glute Bridges

4×12

Blowout:

3 Rounds:

15 Cable Pullthroughs

26 Jumping Lunges

15 Goblet Squats

26 Bulgarian Split Squats

Dio Brando Workout: Overhead Press Focus

Warm Up:

Incline Walk 5-10 Minutes

Compound:

Barbell Overhead Press

5×12,10,8,5,3

Accessory Work:

Seated Arnold Press

4×12,10,8,6

Barbell Shrugs

4×12,10,8,6

Barbell Upright Rows

3×10

Plate Front Raises

3×10

Push Ups

4×25

Blowout:

3 Rounds:

15 Standing DB Side Raises

25 Standing DB Front Raises

15 Kettlebell Swings

25 Second Battle Ropes

Dio Brando Workout: Deadlift Focus

Warm Up:

Incline Walk 5-10 Minutes

Compound:

Deadlift

5×12,10,8,5,3

Accessory Work:

Wide Grip Lateral Pulldown

4×12,10,8,6

Barbell Bent Over Rows

4×12,10,8,6

Lateral Raises w/ Cable or DB

3×10

DB Bent Over Rows (Alternating Arms)

3×10

Weighted Chin Ups

4×10

Blowout:

3 Rounds:

15 Wide Push Ups

25 Face Pulls

15 Push Ups

25 Straight Arm Pushdowns

Dio Brando Workout: Speed Training

Use Speed Training From:

- [Kid Flash Routine](#)

Dio Brando Workout: Extra Training Options

These options are in no specific order

Option One: Sprints

20-30 Minutes of Sprints:

- 30 Second Sprint 8-10 mph
- 1 Minute 30 Second Cooldown Walk 2-3.5 mph

Option Two: Parkour

Use Parkour Training From:

- [Academy](#) Member Felix's [Nightrunner Parkour Workout](#)

Option Three: Long Distance Endurance Training

Long Distance Running:

- 3-5 Mile Run

Option Four:

Use MMA Training From:

- [Daredevil](#), [Deathstroke](#), [Sagat](#), or [Moon Knight](#)